

# Well Devils Update

January 27, 2014

Sun Devils are Well Devils



## Well Devils – Adopt a Healthy Eating Style

Healthy eating is a lifestyle that includes listening to your body, balance, eating a variety of food and moderation. Need help creating a healthy eating style? Schedule a [Nutrition Counseling](#) session with ASU Health Services, Tempe.



## Eating Healthy?

97.3 % of ASU students believe it is important to eat healthy daily. Boost your health and increase your energy, eat a fruit or vegetable with every meal. Learn more at [ASU Wellness Healthy Eating & Nutrition](#).



## Wellness Activities & Events

[Jan. 28 Farmers Market @ ASU Tempe](#)

[Jan. 29 It's Your Credit Workshop, West](#)

[Jan. 29 Nutrition for the New Year Class, Polytechnic](#)

[Jan. 30 It's Your Money Workshop, Downtown Phoenix](#)

[Jan. 30 The Personal Pledge Event, Downtown Phoenix](#)

[Jan. 31 Nutrition for the New Year at Final Fit Friday, West](#)



## Well Devils Resources

[ASU Counseling Services](#)

[ASU Health Services](#)

[ASU Nutrition Counseling Services](#)

[ASU Wellness](#)

[Sun Devil Dining](#)

[Sun Devil Fitness](#)

\*The Well Devils Update is produced by [ASU Wellness](#). For additional information, contact 480.965.4721 or email [wellness@asu.edu](mailto:wellness@asu.edu)

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